


# April – 2016

<b>Florence Senior Activities Center</b> Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.  <b>7431 U.S. 42 Florence, KY</b>  <b>Phone:</b> (859) 282-4061 <b>Fax:</b> (859) 282-4065 <b>E-mail:</b> fsacgeneral@gmail.com  <b>Hours of Operation</b>  <i>Monday Wed- Thurs &amp; Friday</i> <i>8:30 a.m.–3:00p.m.</i> <i>Tuesday – 8:30 – 5</i>  <b>Center Manager</b> <i>Geri Herbert</i> <b>Assistant Mgr.</b> <i>Marty Herbert</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Special Events April</b> 6 <sup>th</sup> : Safe Aging – Library Program 8 <sup>th</sup> : Heart Diabetes Health Presentation 22 <sup>nd</sup> Lifeline Home Health – BP chx. S 23 <sup>rd</sup> : Sock Hop at the YMCA 29 <sup>th</sup> : Computer Class (I-Pad/Tablets) Monthly Health Clinic 3 <sup>rd</sup> Thurs.	<b>Monthly Events:</b>  13 <sup>th</sup> & 27 <sup>th</sup> Massage 18 <sup>th</sup> : Debbie's Card Making class 14 <sup>th</sup> : Hair Cuts 15: - Monthly Pot Luck	<b>Available Daily</b> • Cards • Puzzles • Walking Club • Crafts • Computer • Board Game • Exercise Room	<b>4/22 Last Day to Purchase tickets to the Sock Hop</b> 	<b>1</b> 9:00 – Wii Bowling 9:00 – Mah-Jong <b>10:00 – Zumba Gold</b> 12:30 – Bingo
	<b>4</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 11:45 – Tai - Chi 12:00 – Euchre	<b>5</b> 9:15 – Senior Strength 10:00 – Fitness Room Instruction 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>6</b> 9:00 AM – Wii Bowling 9:30 – Tai-Chi 10:30 – Sign Language 11:00 – <b>Safe Aging -Lib. Program</b> 12:30 – Bingo 12:30 – Gentle Yoga	<b>7</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling	<b>8–</b> 9:00 – Wii Bowling 9:00 – Mah-Jong 10:00 – Zumba Gold 12:30 – Bingo  <b>1:00 – Diabetes / Heart Health presentation</b>
	<b>11</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00- Fitness Room Instruction 10:30 – Advanced Fitness 11:45 – Tai - Chi 12:00 – Euchre	<b>12</b> 9:15 Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>13</b> 9:00 AM – Will Bowling 9:30 – Tai-Chi- <b>9:30 – Manicure</b> <b>10:00 - Massage</b> 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga	<b>14 –</b> 9:15 Senior Strength 9:30 - <b>Hair Cuts</b> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong .	<b>15 –Cincinnati Assoc. Blind</b> 9:00 – Mah-Jong 9:00 – Wii Bowling 10:00 – Zumba Gold <b>11:30 - Monthly Pot Luck</b> 12:30 – Bingo
	<b>18 Commodities</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:30 – Advanced Fitness 11:45 – Tai - Chi 12:00 – Euchre <b>12:00 – Cards with Deb</b>	<b>19–</b> 9:15 – Senior Strength 10:15 – Fitness Room Instruction 10:30 – Chair Volley Ball 11:00 – Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>20</b> 9:30 – Tai-Chi 12:00 <b>Nutrition Education</b> 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga -	<b>21</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction <b>12:00 – Cholesterol &amp; Health clinic</b> 12:00 - Line Dancing 1:00 – Mah-Jong 1:00 – Wii Bowling	<b>22 –Last Day for Tickets to the Sock Hop!!!!</b> 9:00 – Wii Bowling 9:00 – Mah-Jong 10:00 – Zumba Gold 11:00 – Lifeline – BP's for seniors. 12:30 – Bingo
	<b>25 – Wii Tournament – Atria Highland</b> 9:00 – Yoga Stretch 9:00 – Mah-Jong 10:00 - Fitness Room Instruction 10:30 – Advanced Fitness 11:45 – Tai Chi 12:00 – Euchre	<b>26</b> 9:15 – Senior Strength 10:30 – Chair Volley Ball 11:00 –Cards / Canasta 1:00 – Art Lessons 4:00 – Zumba	<b>27</b>  9:30 – Tai-Chi <b>10:00 – Massage</b> 11:00 – Dominoes 10:30 – Sign Language 12:30 – Bingo 12:30 – Gentle Yoga	<b>28</b>  9:15 Senior Strength 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – Line Dance Instruction 12:00 - Line Dancing 1:00 – Mah-Jong .	<b>29</b> 9:00 – Wii Bowling 9:00 – Mah-Jong 10:00 – <b>lpad Basics with LIBRARY</b> 10:00 – Zumba Gold 12:30 – Bingo

